

## Miracles

Let us explore the energy of miracles. If I was to ask you, my dear one, what are miracles, what would you say? You know miracles occur all around you, every second, at every moment, and yet you don't understand them: you do not see them as such.

Your scientists are still trying to work out many things that happen in your world; trying to dissect everything and to peer inside. There is something deep within you all that wants to understand miracles, my friends.

But your scientists are missing a vital key, my dear friends. That of *spirit*. Even your common bumble bee laughs at science with its ability to fly, with its wings so small for such a big body. The bumble bee is, my friends, a flying miracle.

First, you need understand what *vital energy* is. It's that vital energy of *spirit*, the life-force that runs through every second, every moment, every being, every blade of grass, every drop of water, everything around you. It's ALL energy, and it is all ONE. There is no separation – none - you are a part of everything that exists.

And yet, my friends, I see you asking for this and that, within your mind, within yourself, all the while not really believing that miracles are possible. And to whom are you asking, my dear friends? What is it you are searching outside of yourself for, what are you so earnestly seeking?

Indeed, what are you are trying to find? The word, *trying* is important, dear ones, because when you are trying, you are not

*being*. To try, is to try and be something you are not, which means you are never going to quite get there, dear friends, because it's too difficult, a struggle, too heavy. But you're going to *try* anyway.

Do you really feel, dear ones, that to try is an energy full of vibration, full of vitality, full of love and inspiration? No, it's not my friends!

You are, my dear friends, powerful, beautiful beings. I gently tell you over and over again, YOU are God/Goddess energy. You are here having a human experience; you are not trying to be anything else. Your mission on this world, dear friend, it is to be the very best of yourself, because that's where the miracle begins. Miracles begin within you.

You are the miracle; you created the miracle by being yourself. When you look to another, when you compare yourselves to them, you will never quite measure up, and you will lose your power, you will lose your energy, you will lose your inspiration, because you are moving away from what is right in front of you, dear friends. The miracle of you.

Many of you discover this departure from self. In your societies, in your cultures, in your families, often there is an expectation of what career you will follow, what relationship you will have, what is expected of you, and how you need to behave. And all this can be thrust upon you when you are young and still growing up.

When you have this burden on your shoulders. dear friends, you can sometimes close yourselves down, and you can wither and lose the connection with that vital source of self.

But remember, dear ones, you are a unique expression of spirit, each of you have your own miracles to create, to live, to *be* the pure you. And you are not going to find it by looking at what someone else does.

I am watching all the time, my dear friends, down on planet Earth, looking at all these quick get-rich schemes, those who have the riches, the multi-millionaires, all wanting to feel successful, all craving the need to feel powerful.

Dear friends, don't go there. Doing so will cost you energy, loss of years of your time, and the dwindling of your power.

All of these successful people that you are looking at so yearningly, whether they be musicians, artists, writers, businessmen, they all have a precious ingredient. It's called *passion*. They are passionate to do things, they are *compelled* to achieve – to get things done. Where does this energy come from? *Their spirit*.

It's not about money. The money will come as a result of their passion and their energy, that which has been ignited from within them, my friends. So if you want to be successful and to be rich, it is all right to be a millionaire if you are passionate about being so.

But deeper now. I gently ask that look at your *intentions*, look at where you're focusing your energy. For if you are focusing your

energy purely on money, then you will falter and fall every time. Why? Because you are forgetting the true purpose of what you're here to do. You are here, my friend, to reveal the very best of YOU, and that means getting to know yourself very well, all the good, the bad and the ugly bits of you.

It is good to realise that there are parts of you that are weak, parts of you that are uncertain, or afraid, parts of you that you do not quite understand, parts of you that you have fear or shame. Indeed, there might be some dark parts of your lives you really do not want to remember.

You are, my dear friend, *in this lifetime, the best you have ever been*. Consider this carefully.

Now you may say, "well I have done a lot of work in my past lives - I have been this famous king or this famous prince, or I have been a great crusader, or I have been a great teacher in the past. And now I find my life very difficult. Why is this so?"

Dear friends, you are learning everything you need to experience, so when you prise open parts of yourselves that need healing, when you uncover parts of yourselves that are hiding, or afraid, or angry, or frustrated, then this is good: this is showing you a part of you that is healing in the life you are now leading.

Many times, I have said, dear friends, that you need to have that experience, that is part of being human. So when you really own yourselves, every part of yourselves, then you will be immediately in a position of power. You cannot own what you do not believe in, or that which is blaming something on another.

Resentments, dear ones, are the key. Now it is normal in life to feel resentful, towards certain people, certain situations which may bar your path; those who may seemingly have inflicted pain on you, who have dumped fear on you, or done many other things to trip you up.

But when you start to understand dear ones, that on many levels these seemingly difficult people are actually your greatest friends. They are part of your soul group, where agreements you all made in the past, all come together, to work through a certain theme, to resolve it, and to set yourselves free of it. When you start to look at life like this, then you can move through resentments a lot more quickly, because if you hold your resentments, they become energetic barriers to you, my friends.

Resentments start to tarnish your view on life, niggle away your view on the world. And alone you stand, frustrated, angry, mistrustful of others, mistrustful of life. And you start to shrivel, dear friends; your energy melts away, and your life force withers, and eventually your negativity starts to manifest within your body, and this is how illness comes to you, dear friends.

To feel resentment, and to *acknowledge* it, is the way forward. And can you explore all the other experiences which have had deep effect on your lives? Can you set free these too, my dear friends?

It may take a little longer and you cannot force the soul to hurry; it's not something that you can do intellectually, with the mind dear friends. It happens within the *feelings*. Feelings are the *expression of your soul*, your soul talks to you through your

feelings. So get in touch with your feelings, dear friends, get to know them: when you are feeling disempowered, when you are feeling sad, when you are feeling angry, when your battery is flat.

Your soul is forever your guide - the very opposite of what you are taught when you are growing up. When you were taught about the mind, your intellectual capacity, your academic training. All those good things that your parents thought you should have.

And the mind is a masterful and important tool for you to have, dear friends. But it is limited, dear ones, to what it can see in front of it, in your third dimensional reality. And for many of you dear friends, your miracle-making gets lost in the intellectual realm of the mind. Miracle-making occurs within your energy, within your open and loving hearts, dear friends.

This is something that the world religions teach about but rarely live by. The truth is LOVE: this is the creative force of all the energy of creation; it is the energy of what you see as a God, a Universal Consciousness.

So, dear friends, if there is something that you really, really want in your lives, *you have to love it into being*. It is not enough just to want it, just to desire it, or just to write it down. Or to sit eagerly praying, waiting and watching. That is not enough, my friends.

It is something that need to happens within your heart, but many of you, dear friends, have closed down your heart, because of the

fear of being hurt, or made vulnerable. Or the fear of what might happen if you really put yourself out there.

There is no short cut to this experience, so what can I say, dear friends? It is your own unique journey that allows you to really see what is happening and why. You will have similar experiences many times, and you will say to yourself “well this is really not working, this is a disaster, and I am really struggling, and yet you continue to plod along in the same direction, knowing full well, that deep within you, you are being called in an opposite direction.

Many of you have had an experience where you feel trapped in life, which feels strange, because you can physically move about, but there is a great weight inside of you, a feeling that you cannot shake or move. And you don't understand why addictions happen, the distractions happen, because the feeling is so uncomfortable.

And yet, my dear ones if you would just to give this feeling your attention for a moment, you would start to see that it a great gift for you buried inside it. It has something very important to teach you, to show you. So don't run from it. Embrace it.

You know, *surrender* is another word I use very often. Surrender does not mean give up dear friend, no indeed. To surrender means to *allow*, and that is very important, because what you are saying to your soul is “from my limited understanding I cannot understand why this is not working for me. I have tried hard and I am struggling. I am in pain. So, I am going to just surrender this

over to you to show me another way. To surrender in this way, dear friend, is to let go of the struggle.

And in that moment, my dear friends, you are open. And when you are open, wonderful miracles and magic can drop in. Because, dear ones, when you are resistant, when you are dense in feelings and in mind, your energy becomes erratic and it is difficult for your guides and teachers, and your soul, your wise self, to communicate to you. Because you are not in a place to be able to hear it, to be able to be receptive.

Now your soul understands why you are here, and it understand everything I am saying to you. It's just that your consciousness has a little catching up to do, and by consciousness I mean the ALL of YOU, dear ones, every part of you and your energy. Your soul, indeed.

### **Exercise in miracle-making**

So now, dear friends, here's a little exercise to take you inwards, to have a look at the brick wall that is getting in the way of your life's miracles. I also want you to know that miracles are happening all the time, dear friends.

Whether it's the person who has been told that their life is diminishing, and who becomes, beyond the comprehension of their doctors, very well, and goes on to many more vital years. Whether it be something in your mind that makes absolutely no sense, but still happens to surprise and delight you, dear friends; things that others may say are not possible.

Everything is possible, my dear friends. You need to fly above the limitations of your mind, and that is what I want to teach you, dear friends. I want to take you to a place beyond the mind, to a place where there is no night, no day, no time, Where there is no death, no birth, where everything can be, and not be, simultaneously. To take you beyond what you believe is possible, so that you can really start to live your miracles, my friends. That you can really come in, because it's your mind that is the biggest saboteur to your soul's progress.

Your doubts can be a good thing. it is good to question, to look things over. However, it is important to see when your doubts are not serving you, when they are keeping you stuck in the mud, and preventing you from moving forward. Then you need to look carefully, dear ones.

So now I am going to take you all on a little journey my dear friends. This is a journey to discover what prevents your miracles, what's stopping you from being the conscious ray of energy and light you are.

So dear friends just allow yourself to get comfortable. Now, as always, we use the breath. The breath is a tool dear ones, not just for oxygen; the life-force contained within oxygen when you allow yourself to breathe deeply and slowly, allows you to give yourself more energy, more vitality, more life.

So close your eyes dear friends, take a breath inward, and really connect with the essence of yourself. Really feel who you are, dear ones. Not what you have been told, not your name, not your gender, not your age, not your colour, but the essence of light

within you. So breathe deeply in to your inner sanctuary. Breathe in receiving life, breathing out giving life.

Your breathing in and out becomes a state of balance, my dear ones. Giving and receiving of energy. I now bring with me a beautiful silver flame, which I will invite into this dimension, here and now, and this light is spinning around in a spiral in the centre of the room. Now direct your consciousness towards this silver flame that is spinning in the centre of the room. And as you do this, it will start to send a flicker of light towards you, individually, as you tuning in to this flame of light, and as this flame starts to engulf you with its light, you will start to become very aware of the differing aspects of yourself.

Start becoming aware of your physical body, and how it feels to you. Become very aware of your emotional body, and as you breathe in again, be very aware of your mind, that which you believe in, that which you believe is the absolute truth - which is something you never question.

Tuning in to the essence of your spirit, the great radiant light that you are, observe the pathways of your life : in your homes, while you are at work, within your relationships, within your beliefs, within your spiritual journey. Note, too, your physical body, and how you treat it and what you put into it.

And look at your lifestyle: is it something that really nourishes and nurtures you, or is it something that is destructive and inwardly painful for you? Your friendships, dear ones, look at all of them. See those that supportive and empowering to you; and those that you are trapped in, that are uncomfortable for you,

where you are not feeling empowered, supported, and loved. Look at all of your lives, dear ones, within this flame, honestly and clearly, and really let yourself see anything there that is causing resentment or disharmony within your energy field.

Is there anything that you need to release, a belief, an idea, a situation, perhaps a thought or something more? Let yourselves go a little deeper within the flame, my friends, and this beautiful play of life wants to heal you, wants to cleanse you, wants to help you release your pain, your fear, and your sadness.

Let yourselves go, my friends, let yourselves be really honest. What area of your lives needs healing? Can you accept yourselves right now, in this part of your journey. Can you really stand up and face yourselves. Do so with *compassion and forgiveness*.

Is there anyone you see creating resentment in your life, any attachments that you may be holding on to? It may not be a person, it may be a country, it may be a religious leader, a politician?

It could be anything that you need to release. Are you ready to do this? Can you accept that it has been a part of your journey, an agreement that you have made? Is there an emotion that is asking for some forgiveness, some attention, some love, some assurance?

Breathe into your hearts, dear friends, and find the part of you which is loving and compassionate, forgiving, and allow yourself to be forgiven, and forgive all those that have created pain in you. Release it all, dear friends. And now can you forgive

yourselves for when you may have inflicted pain on others – consciously or unconsciously.

Send your love where it needs to go, dear friends, let the flame become stronger.

So as the flame is spinning around, cleansing and healing you, it is now starting to take another form, another shape. It is starting to transform into a beautiful, transparent, silvery purple staircase, which leads us up.

Dear ones, this staircase leads to your miracle. It leads to the essence of your purpose on this Earth, the reason for living, the reason for being. When you are ready take the step up, up towards the light, up the Divine staircase, going up into the realm of every possibility, into the realm of miracles galore, where Universal Life Energy is infinite.

Any past miracle, or any yet to be created, are all available to you. Is there any barrier stopping you from moving up the staircase, dear ones?

Are you ready to really embrace life? Are you ready to really BE the light you are? Are you ready to live with purpose and honesty; willing to take whatever it takes to get there?

Dear friends, if you are ready to make this step, I invite you to reach up for the staircase and stand revealed in the divinity of yourself and your life. As you reach the top of the staircase, there shines your soul energy, your highest Self, your infinite Self. This is the energy of your miracle, so, dear ones, let yourself see what YOUR miracle wants of you, what you wish to *create* in your

life. Imagine throwing open all the doors of your life, and to truly feel your infinite power and beauty, so that your energy radiates out, to make a difference not only within your life, but also in this world. Let yourselves move into this space.

So dear friend, when you feel ready to come back from wherever you are, bringing back your miracle, bringing back what you wish to create in your life. Now dear one I invite you to take this miracle, and bring it into your heart and really LOVE it.

Now when you want to create a miracle, want to experience something for another, you may run into a few obstacles, because in the great scheme of things you are not always aware of what is occurring in someone else's lives, so if you want to ask for healing for a loved one, that is very good to send your love, to send your healing.

However you must not be attached to the outcome, dear friends. Because their apparent suffering may have been something they have chosen to do: to experience in their karma here. You may unwittingly be interfering with their karmic obligations – journeys that they need to take.

So as long as your intentions come from a loving heart, and you are not attached to the outcome, then your miracles are on their way, dear friends.

All I invite you to do is to hold it dear to your heart, and believe it and over the next ten days. I would like you to spend a few moments of your day reflecting on YOUR miracle, seeing it, feeling it, loving it into being.

LOVE is the energy of creation. Love creates your miracles. If you do not believe that this is possible, then you have a little work to do, because these thoughts sabotage your lives, so question them, find out where they come from, why are they there.

And remember this, dear friends. When you are creating miracles it is important not to share them with anyone, not even your loved ones. Because their own mental processes can get involved, and your energetic creation, can be warped by their vibrational thoughts, so that they can interfere with your miracle.

So now, dear friends, holding this miracle in your hearts I would like you just to take your energy forward in time. I would like you to imagine, how will you feel when this miracle is delivered to you? How will your life be different?

You create your lives, my friends, by your thoughts, and by your responses to your thoughts. Wherever you focus your attention the energy there will expand and come to life. So if you focus on what what is missing or not working, this experience will also expand. This is not helpful to you in creating your miracles. So watch very carefully where you focus your attention.

Now, dear ones, let us now think about gratitude. Gratitude, too, is a wonderful feeling, dear ones, because when you give thanks, you are creating positive energy, you are focusing on what you appreciate in life. And what you appreciate in life will also expand.

So you can thank your car for getting you from 'A' to 'B', for giving you freedom - even if it isn't the most exciting car that you wanted. Give thanks to where you live, and give thanks to the people in your life that you love.

So, dear ones, I would like to end this exercise by asking you to sit for a moment, with your eyes closed, and reflect on all of the things that you appreciate in life, whether it's your body, your health, your friendships, perhaps it's your home, or your career. Whatever it is, give thanks for all these things, my dear friends. Just take a moment to really feel in your heart, those things which you appreciate, those that you love, and even those things that you don't like - even the difficulties. And give thanks for them too, because your thanks will *change* their energy. Remember this, dear ones.

When you're putting energy into something that isn't working or you don't like, what is a struggle it is! For you are creating more hardship, and the universe does not distinguish between positive and negative energies, dear friends, it just reflects back to you, amplified, what you sent out. The universe is generous and gives back to you more than you sent out.

This is why one person's life seems so smooth, while another seems to battle through heavy seas. Each of these individuals has a different way of seeing life. It doesn't mean that those whose lives are smooth don't have changes and difficulty, it just means that they identify what it is, and are willing to face it, no matter what it might be.

So dear friends, in a nutshell, remember this: look at yourselves and find any discomforts, areas which are not working, and areas of resentment. Now, make some changes, emotionally, mentally and physically. Rise up and accept your situation, accept that you are not victims of any circumstance, no matter how tragic it may seem to you at the time. Now allow yourself to really submerge yourself into your essence, and ask yourself “what gives me energy, what gives me inspiration, what do I love to do. What I can do that makes me feel good? And how can I use this?’

This is the secret; this is the key to the beginning of your miracles. There is nothing you cannot ask for dear friends, if you need a house, a car, if you need work, practical daily things you may ask for. But remember, if it is a loving supportive relationship that you are seeking, ask for this, but do your best not to focus on a particular person, because there might someone better coming for you, someone more in line with what you need.

If you want to really be of service – of why you are in this world - then let yourself *ask*, and let yourself *listen*.

It is important, dear ones, to find some quiet peaceful time everyday to listen to yourselves: to really connect to what you need, what your spirit is asking of you. This is very important.

So when you are ready, I invite you to back into the circle, bringing your consciousness back here again.

**End of exercise**

So how are you feeling, dear friend? Are you all ready to start creating your miracles? And yes, I have asked you to keep your miracles secret. I cannot ask you, but I already know them anyway. It is always my great pleasure to come and to share, and to be with you: to offer some guidance and assistance. Recognise, dear ones, that your world is becoming more intense, your challenges of life are also becoming steeper: great political changes, environmental changes, religious changes are occurring, throughout your planet, and within your world.

All of you have asked to be here. If I was to tell you the number of souls queuing up wanting to come and experience being in this world you wouldn't believe it. And so for everytime you find it difficult to be here and wish you were not, dear one, know that you are creating new changes within your life energy.

it is important to honour your truth and what you believe in. It is important that you do not sit back and ignore things that you struggle with. It is important that you stand up for what you believe, and what you are here to share with others.

So, do not let your lights be dimmed, dear ones. Let them be bright and aware, even though you may not feel like you're fitting in, or that you are the only one thinking the way you do. You may indeed think life is difficult, and you may wish it to less of a strain.

But on soul level you have *chosen to be here*, and you are in a very privileged position to make some wonderful changes for your future generations to come. So your life is your own, my friends: your journey is your own. Just remember that whenever

you need guidance or support, all you need to do is to consciously send the message out, and those such as I will hear you.

Your prayers never go unheard, dear one; we do indeed hear you. Just please be careful what you ask for.